

Mindful Movement: The Yoga Journey with Nova

Stretch your body, calm your mind, and find your inner stillness with Nova the Owl!

- **How do yoga postures help improve our physical health?** Yoga poses gently stretch your muscles, which increases your overall flexibility and helps your body move more freely during other sports.
- **Why is controlled breathing important in yoga?** By focusing on slow, deep breaths, you signal to your brain that it is time to relax, which helps to lower your heart rate and calm your thoughts.
- **What does 'mindfulness' mean during a session?** Mindfulness is the practice of being fully present in the moment, noticing how your body feels and clearing your mind of distractions.
- **How can balance poses benefit your coordination?** Standing on one leg in poses like the 'Tree' requires your core muscles to work together, which strengthens your stability and improves your balance for daily activities.
- **Can yoga be performed anywhere?** Yoga is a versatile activity that requires very little equipment; you only need a small space and a calm attitude to begin your practice.

Did you know? Did you know? Yoga originated thousands of years ago as a way to prepare the body for long periods of meditation. Today, Nova the Owl uses yoga to stay calm during chilly nights under the stars, helping her focus on the constellations without getting stiff wings!

Key vocabulary: Flexibility · Mindfulness · Postures · Balance · Respiration · Concentration · Tranquillity